

**GURU NANAK KHALSA COLLEGE FOR WOMEN,
GUJARKHAN CAMPUS, MODEL TOWN,
LUDHIANA**

ANTI - DRUG CELL

(Buddy Group)

SESSION (2024-25)

Even Semester



Dr. Maneeta Kahlon

Principal

Dr. Parveen Arora

Coordinator

Dr. Madhu Bala

Co- Coordinator

“BUDDY, SAY NO TO DRUGS”



COMMITTEE MEMBERS

- Dr. Neetu Prakash (NSS)
- Mrs. Satwant Kaur (NSS)
- Mrs. Sukhjit Kaur (NCC)
- DR. Nidhi Sharma (Red Ribbon /Youth Club)
- Ms. Daisy Wadhwa (Red Ribbon /Youth Club)

ABOUT

The Anti-Drugs Cell at Guru Nanak Khalsa College for Women has formed a buddy group to help prevent students from using drugs and alcohol, both on and off-campus. The group's main aim is to educate students about the harmful impact of drugs on their health and society as a whole. By collaborating with government-recognized organizations, they organize various events to spread awareness. In addition, the buddy group promotes peer vigilance, encouraging students to support each other and report any instances of drug use to the college authorities. They host activities such as seminars and rallies to raise awareness about the dangers of alcohol, tobacco, and drugs, and work closely with law enforcement to underscore the serious legal and personal consequences of substance abuse. It's essential for both educators and parents to join forces in preventing the spread of drugs within the college community.

MISSION

- Organizing inspections for Anti-Drug Day.
- Hosting events at schools in collaboration with the government to raise awareness about drugs.
- Displaying posters, staging plays, and holding rallies at colleges to highlight the dangers of drug use.
- Participating in a pledge program to commit to staying drug-free.

OBJECTIVES

- Ensure a drug- and alcohol-free environment at college.
- Educate students on how to refuse drugs.
- Inspire students to participate in events that promote drug awareness.
- Provide support and guidance to students at risk of using drugs or alcohol.
- Prevent students from experimenting with drugs and assist those who are already struggling.
- Prevent the sale of drugs or alcohol on campus.
- Collaborate to maintain a healthy community and prevent the spread of drugs.
- Empower students to take action in eliminating drugs from their own lives.

INITIATIVES

- Host Anti-Drug Day on campus to educate new students about the risks of drug abuse.
- Organize poster exhibitions, slogan writing contests, street plays (Nukkad Nataks), street performances, and rallies to promote the message: "Say NO to Drugs."
- Inspire students to become lifelong volunteers in anti-drug activities.
- Offer counselling to students showing signs of drug or alcohol use.
- Encourage and motivate students to actively engage in awareness programs both on campus and in the wider community.

Activities

Drug-Free India Camp

10 January – 16 January, 2025

The 7-day camp began with the registration of the volunteers. The theme of the camp, "**Nasha Mukti Bharat**," aimed at promoting a drug-free India, was introduced to the participants. The camp was officially inaugurated by the **Principal, Dr. Maneeta Kahlon**. She encouraged the volunteers to actively participate in various activities.

Day 1:

The volunteers took a solemn pledge to spread awareness about the harmful effects of drug abuse and work towards a drug-free society.



Day 2:

The Volunteers attended **Nasha Mukh Bharat Abhiyan** at *PAU Open Air Theater* on January 11, 2024. The event was presided over by Panjab Governor Gulab Chand Kataria, Union Minister of Social Justice and Empowerment, Dr. Virendra Kumar and Panjab Minister of Social Justice and Empowerment, Baljit Kaur. A walkthon was also held to disseminate the message of Nasha Mukh Abhiyan. This Abhiyan includes three pronged strategies aimed at curbing drug issues, curbing the supply of drugs through the Narcotics Control Bureau and Police, conducting outreach and Awareness initiatives and reducing the demands for drugs. The movement emphasis that it is the time for the fight against drugs to evolve into mass movements focused on Panjab particularly Ludhiana drug free.



Completion of the awareness drive-

Life is precious: Say No to Drugs

11 January, 2025

The District Administration of Ludhiana, Punjab, in collaboration with the Department of Social Justice and Empowerment, Government of India spearheaded by Mr. Sukhwinder Singh Bindra organized various competitions under the theme "**Life is Precious: Say No to Drugs.**" The Department of Fine Arts conducted poster-making and Rangoli competitions under the guidance of Mrs. Harpreet Kaur and Mrs. Balwinder Kaur. A total of 20 students participated in these competitions.

The events were judged by the **Principal, Dr. Maneeta Kahlon**, who highly appreciated the students for their enthusiastic participation and initiative.



Rally Against Drug Abuse

02 April, 2025

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, took part in a **Rally Against Drug Abuse** on April 2, 2025. The rally was organized in Ludhiana under the direction of the Chief Minister of Punjab.

The purpose of the rally was to spread awareness about the dangers of drug abuse and encourage people to stay away from addiction. NSS volunteers carried placards, chanted slogans, and actively participated to promote a drug-free lifestyle. They urged the community to choose healthier and more positive ways of living.

Principal Dr. Maneeta Kahlon motivated the students and appreciated their efforts in spreading this important message.

